HEALTHY FOOD

Truly the Miracle Tree- Moringa Boosts Immunity, Fights Off Infections & Diseases

By bestfolkmedicine · 11/08/2020 · 2 min read

You've been probably hearing a lot about moringa lately thanks to the increase in people's awareness about the importance of following a healthy lifestyle and eating a healthy diet.

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Moringa or moringa oleifera is a plant which is also known as the miracle or drumstick tree and it's been used for centuries for its numerous health benefits. It's best known for its antiviral, antidepressant, and anti-inflammatory characteristics.

It's a native tree to India, but it can also grow naturally in Africa, Asia, and South America. It's a plant abundant in important nutrients, including minerals, vitamins, and proteins.

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However, in case you're taking some prescribed meds, it's best to consult your doctor before you decide to consume it!

If you still have doubts why you need moringa in your diet, continue reading our article-we'll present its top health advantages you can reap with its consumption!

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The Best Health Benefits of Moringa

Abundant in amino acids

Moringa leaves have 18 amino acids, 8 of which are essential, i.e. they're complete proteins.

Moringa is also an awesome choice for a protein sources for vegans and vegetarians.

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Protein is a pivotal nutrient for the production of enzymes and hormones. Plus, it's a nutrient that helps us build muscle, bones, cartilage, blood, and skin.

Has antioxidant power

Moringa leaves are high in antioxidants like vitamin C, beta-carotene, quercetin, and chlorogenic acid.

Since it will boost your body's antioxidant power, it can be of aid in the fight against free radicals linked with chronic diseases like diabetes, cancer, cardiovascular problems, and hypertension.

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Has magnesium & calcium

Did you know that one serving of moringa leaves will supply your body with around 125 percent of your RDA of calcium and 61 percent of your magnesium RDA?

These minerals work together and calcium is pivotal for building strong teeth and bones whereas magnesium is essential for the calcium absorption.

This is why moringa is often recommended to patients with bone problems and osteoporosis.

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Possesses anti-inflammatory properties

Thanks to its anti-inflammatory power, moringa is a great natural way to fight off joint ache, rheumatism, arthritis, etc.

Strengthens your immunity

Moringa leaves have ethanolic extracts which stimulate the immunity.

What's more, the extract strengthens the cellular response of the immunity and helps improve other immunity values like the count of antibodies and leukocytes.

Good for the skin

Moringa can do wonders for your skin as it contains vitamins that are good for it, including vitamin A and vitamin E.

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The A vitamin is pivotal for a radiant and healthy skin whereas vitamin E keeps the cells safe from oxidative stress and visible aging signs.

Sources:

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